

**WEEK 52 from Monday 26<sup>th</sup> of December to Sunday 1<sup>st</sup> of January**  
**Macrocycle V, week 6 (Training week 30)**

For the week between Christmas and New Year, there will be a winter break in most football leagues. Therefore, I will not provide you with a training programme. Just listen to your own body. If you are up for a few days of rest, just take a break. If you are willing to practice, then the goal is to practice this last week of the year at 80% HR<sub>max</sub>, i.e. on Monday (Tr. 113), and Friday ± 40 min (Tr. 115).

The medium intensity training session on Wednesday is more intermittent. For every 5' of running, 2 tempo runs have to be done: in the middle a 50 m tempo run, and towards the end of the 5' period a 100 m tempo run has to be covered. Over the 50' run, 20 accelerations have to be done, i.e. 10 of 50 m and 10 of 100 m.

From the first week of January on, the training sessions will be designed over the next 6 weeks in such a way that there will be a clear peak in fitness performance around mid-February. The reason for this is that there will be quite a few decisive games in February 1) for the national championships in most European leagues, and 2) for the different UEFA international competitions. As is the case for the players, referees too will have to be top-fit to control these decisive games to the very end.

I wish you and your family a merry Christmas and a healthy, happy, and prosperous New Year...

WEEK 30 Macrocycle V, week 6 Training Objective	Session 1 Monday LI	Session 2 Wednesday MI	Session 3 Friday LI	Weekly Total (mins)	% Activity Breakdown
Warm up	0	0	0	0	0.0%
High Int.	0	0	0	0	0.0%
Low Int.	40	0	40	80	61.5%
Med. Int. / Ext. Sp.	0	50	0	50	38.5%
Speed End.	0	0	0	0	0.0%
Speed/Agility	0	0	0	0	0.0%
Match practice	0	0	0	0	0.0%
Act. Recovery	0	0	0	0	0.0%
Strength	0	0	0	0	0.0%
Pass. Recovery	0	0	0	0	0.0%
Cool down & Str.	0	0	0	0	0.0%
<b>TOTAL</b>	40	50	40	130	100.0%

Just mail me if something is not clear...Enjoy the training sessions...Your 'remote' coach...Werner